(TMI Focus, Vol. XXIII, No. 3, Summer 2001)

QUARTERLY TAPE

Network of Light-Endocrine System

Modern science is confirming what ancient philosophers knew intuitively—the hormones diffused in the salty ocean of our blood affect our every cell, organ system, and mood. Our emotions are exquisitely sensitive to hormone fluctuations. Moreover, even the brain, skin, and fat cells have now taken their places in the endocrine pantheon. *Endocrine System* will teach you to use deep, receptive relaxation as a "switch" to turn on the hormonal component of your inner network of light. With the support of Hemi-Sync®, you will become sensitive to the ebb and flow of your internal tides and learn to synchronize the hormonal sparks glittering on the edge of each wave for optimal well-being.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.
© 2001 by The Monroe Institute